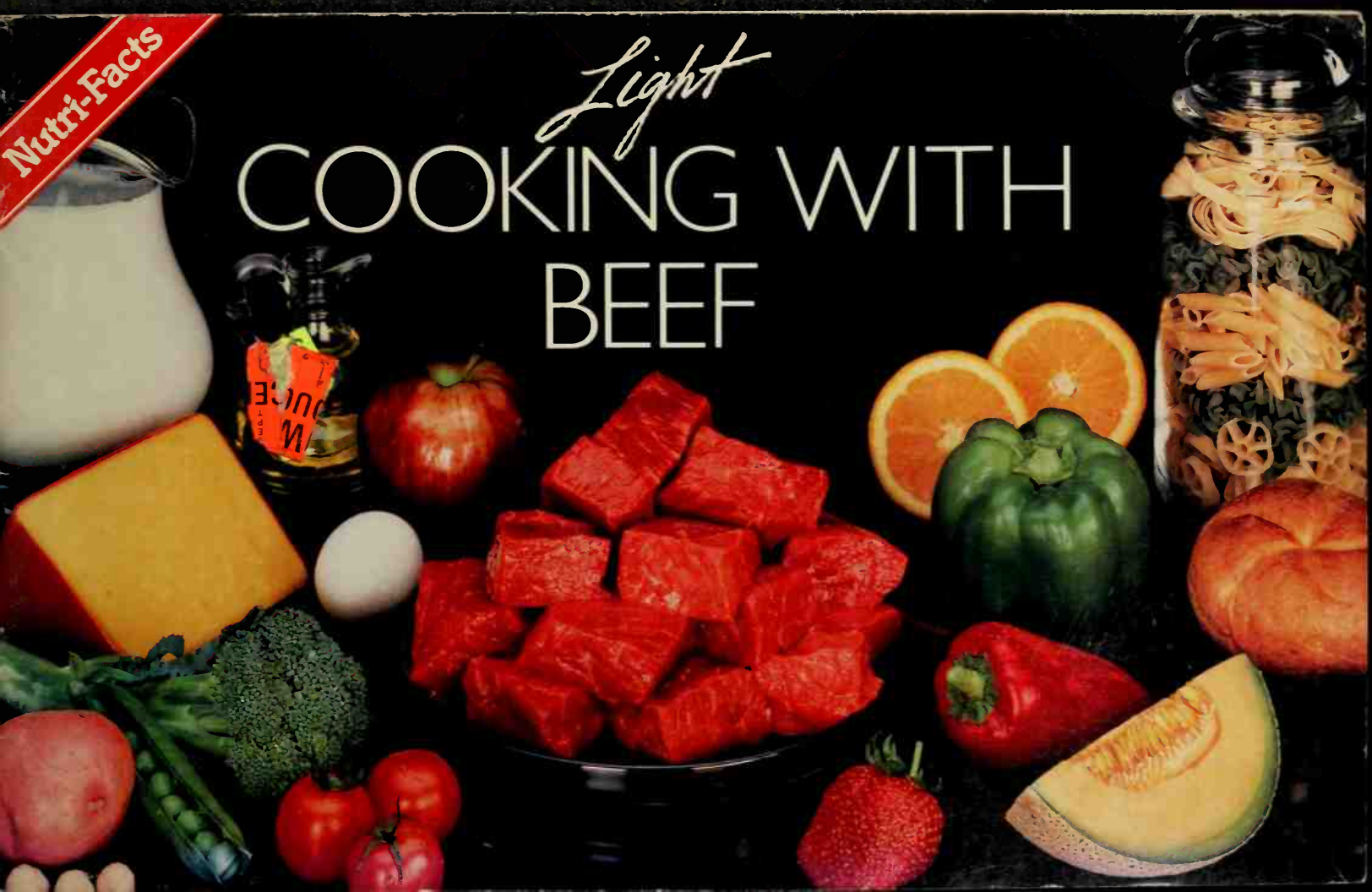
Nutri-Facts
Light
COOKING WITH
BEEF

"Light Cooking with Beef and Nutri-Facts" replaces the publications "Light Cooking with Beef" and "MORE Light Cooking with Beef" which are no longer in print.

The nutrient analyses of the recipes are based on values found in the United States Department of Agriculture publications: "Agriculture Handbook 456," "Agriculture Handbook Nos. 8-1; 8-4; 8-6; and 8-9." Nutritive values for cooked beef were provided by the National Live Stock and Meat Board and are the values which will appear in the USDA revised handbook on beef composition. Recipes were analyzed based upon a 3-ounce cooked portion of beef. The analyses in this booklet are as complete as the data bases used.

The information included in this booklet is not meant to be interpreted for self-treatment of specific diseases. Consult your health care provider for diagnosis and treatment of health-related problems.

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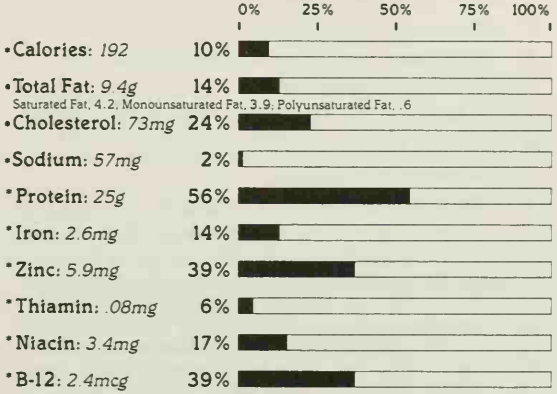
Balanced nutrition is a key to good health. Beef is an important part of a balanced diet. A three-ounce portion of lean beef contributes more to our daily requirement for protein, vitamin B-12, zinc, niacin and iron than it contributes to our daily requirement for calories.

Compare the nutrient "bars" to the calorie "bar" on the graph that shows the contribution made by an average three-ounce roasted and trimmed serving of beef. For the nutrient profile of some specific cuts of beef, see the Meat Nutri-Facts section of this booklet.

Lean beef fits today's light lifestyle. It is nutrient dense, tasty, versatile and satisfying. Use the recipes and preparation tips in this booklet to begin your commitment to a balanced intake of a variety of foods. **Enjoy light cooking with beef!**

Beef Composite
(192 calories per 3 ounce roasted, trimmed serving.)

Nutrition information per cooked serving
Total recommended dietary intake



• Based on standards of comparison.
2000 calories per day is the midpoint of the recommendation by the National Academy of Sciences for women ages 23–51. National Academy of Sciences also recommends a maximum of 3300 mg of sodium per day.
The American Heart Association recommends not more than 30% of calories from fat and no more than 300 mg of cholesterol per day.

*Based on % U.S. recommended daily allowances.

Data based on U.S.D.A. research.

Tasty beef recipes and great nutrition! All recipes use lean cuts of beef and provide fewer than 400 calories.

Use wine, vinegar or lemon juice as a base for an oil-free marinade that helps tenderize lean cuts of meat.

Beef Shish Kabobs

- 1½ pound BEEF TOP ROUND STEAK
- 1 red pepper, cut into chunks
- 1 green pepper, cut into chunks
- 2 large tomatoes, quartered
- 1 small onion, quartered
- 2 tablespoons vegetable oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon oregano leaves
- 1 bay leaf
- ¼ teaspoon salt
- Freshly ground pepper
- 6 eight-inch bamboo skewers

Trim excess fat from steak; cut into 1½-inch cubes. Thread beef cubes on skewers alternately with red and green pepper chunks. Place remaining ingredients in food processor or blender; process until smooth. Pour over kabobs and cover. Refrigerate, turning occasionally, at least 3 hours, no longer than 24 hours. Cook kabobs over barbecue grill 4 inches from medium-hot coals, 6 minutes per side for rare or until desired doneness. Baste with marinade during cooking. **Serves 6.**

Nutrition Information Per Serving

Calories: 232	Cholesterol: 69 mg
Total Fat: 11 g	Sodium: 151 mg

TIP: Select a round steak with some marbling for best flavor.

Lemon-Marinated Chuck Steak

- 1½ pound bone-in BEEF CHUCK STEAK
- ½ cup fresh lemon juice, about 3 lemons
- 1½ tablespoons grated lemon peel
- 2 cloves garlic, finely chopped
- 1 teaspoon EACH celery seed, thyme, oregano and rosemary leaves
- ¼ teaspoon EACH salt and pepper

Trim outside layer of fat from steak. Place steak in glass dish. Mix remaining ingredients; pour marinade over steak and cover. Refrigerate, turning steak occasionally, at least 24 hours, no longer than 48 hours. Cook steak on barbeque grill 4 inches from medium-hot coals 8 to 10 minutes per side for rare or until desired doneness. Baste with marinade during cooking. **Serves 4.**

Nutrition Information Per Serving

Calories: 228	Cholesterol: 72 mg
Total Fat: 9 g	Sodium: 196 mg

Beef Steak Al Fresco for Two with Grilled Vegetables

10 to 12 ounce boneless BEEF TOP LOIN STEAK
3 cloves garlic, finely chopped
1 teaspoon chili powder
Dash cayenne pepper
Salt and pepper to taste
Grilled Vegetables (recipe follows)

Place steak on plate. Mix remaining ingredients except Grilled Vegetables. Press spice mixture firmly into surface of steak on both sides; cover. Refrigerate at least 8 hours, no longer than 48 hours. Cook steak over barbecue grill 4 inches from medium-hot coals, 8 minutes per side for rare or until desired doneness. Serve with Grilled Vegetables. **Serves 2.**

8 cherry tomatoes, halved
1 onion, sliced and separated into rings
6 pimiento-stuffed olives*
2 cloves garlic, chopped
¼ teaspoon chili powder
1 tablespoon vegetable oil
¼ cup beef broth

Place tomatoes, onion rings and olives on sheet of foil. Sprinkle with remaining ingredients in order listed. Fold foil to make a tightly wrapped package. Place package on grill while steak is cooking. **Serves 2.**

Nutrition Information Per Serving**

Calories: 357	Cholesterol: 91 mg
Total Fat: 20 g	Sodium: 389 mg

*TIP: If sodium is a concern, substitute another fresh vegetable for the olives.

**For steak and vegetables.

Korean Beef

2½ pound BEEF EYE ROUND ROAST
4 cloves garlic, chopped
1 green onion, chopped
½ cup soy sauce*
3 tablespoons vegetable oil
1 tablespoon sesame seeds, toasted and crushed
1 tablespoon sugar
1½ teaspoons sesame oil
Freshly ground pepper
10 eight-inch bamboo skewers

Trim any excess fat from roast, chill in freezer 1 hour. Thinly slice roast lengthwise with the grain, place in glass dish. Mix remaining ingredients, pour over beef and cover. Refrigerate stirring occasionally, at least 4 hours, no longer than 24 hours. Thread 2 strips of meat on each skewer, twisting and catching any dangling ends. Cook beef over barbecue grill 4 inches from medium-hot coals, turning occasionally, 8 minutes or until desired doneness. **Serves 10.**

Nutrition Information Per Serving

Calories: 219 Cholesterol: 68 mg
Total Fat: 11 g Sodium: 1119 mg

TIP: If sodium is a concern, substitute milder soy sauce. Commercially prepared milder soy sauce has considerably less sodium than regular soy sauce.

Flank Steak with Green Chiles

1 pound BEEF FLANK STEAK
5 long green chiles*, roasted and peeled, reserving juices
⅓ cup fresh lime juice, about 2 limes
2 cloves garlic, chopped
¼ teaspoon salt

Trim excess fat from steak. Place steak in glass dish. Place remaining ingredients in food processor or blender. Process until smooth, about 40 seconds, pour over steak and cover. Refrigerate, turning occasionally, at least 3 hours, no longer than 48 hours. Cook steak over barbecue grill 4 inches from medium-hot coals, 6 minutes per side for rare or until desired doneness. Slice steak across the grain into thin slices. **Serves 4.**

Nutrition Information Per Serving

Calories: 190 Cholesterol: 68 mg
Total Fat: 6 g Sodium: 200 mg

*TIP: 1 can (7 ounces) long green chiles can be substituted.

Indian Beef Barbecue

1 pound BEEF TOP ROUND STEAK
½ cup fresh lime juice
1 teaspoon ground coriander
½ teaspoon chili powder
½ teaspoon turmeric
Salt and pepper to taste
Vegetable oil for grill

Trim outside layer of fat from steak. Cut steak into 1-inch thick slices. Place in glass dish. Mix remaining ingredients except oil; pour over beef and cover. Refrigerate, turning steak occasionally, at least 3 hours, no longer than 48 hours. Cook beef over barbecue grill 4 inches from medium-hot coals, turning occasionally, 8 to 10 minutes per side for rare, or until desired doneness. Baste with marinade during cooking. **Serves 4.**

Nutrition Information Per Serving

Calories: 173 Cholesterol: 69 mg
Total Fat: 6 g Sodium: 57 mg

TIP: Select a round steak with some marbling for best flavor.

How To Carve A Roast

Choose a large, sturdy cutting board. If you carve on the serving dish, both the dish and the roast can move. Use a sharp knife and a two-pronged fork with a guard.

Meat is made up of long muscle fibers. The direction in which they run is called "with the grain." Carve a roast across the grain. That is, cut across the long fibers. Some roasts have more than one muscle in them, so you will need to change the direction of your cuts as you progress.

Grill over hot coals or broil on a rack in the oven to allow the natural fat to drip away.

A simple sauce enhances the flavor of beef to perfection. For a taste treat, use one of these sauces the next time you grill steaks or roast beef.

Brown Curry Sauce

- **1 tablespoon margarine**
- **½ cup chopped onion**
- **2 tablespoons curry powder**
- **1 large clove garlic, finely chopped**
- **2 teaspoons lemon juice**
- **2 teaspoons brown sugar**
- **1½ cups beef broth**
- **1½ tablespoons cornstarch**
- **¼ teaspoon salt, if desired**

In heavy 1-quart saucepan, heat margarine. Add onion; cook until soft. Stir in curry powder and garlic. Cook over low heat, stirring constantly, about 1 minute. Stir in lemon juice, brown sugar and 1¼ cups of the beef broth. Cook over low heat, stirring occasionally, about 10 minutes. Mix cornstarch and remaining ¼ cup beef broth until well blended. Stir into curry mixture. Cook, stirring constantly, until thickened. Taste and add salt if necessary. **Makes about 1½ cups sauce (6 servings).**

Nutrition Information Per Serving

Calories: 52	Cholesterol: 0 mg
Total Fat: 2 g	Sodium: 425 mg

Herb "Mayonnaise"

- **1 cup unflavored yogurt**
- **½ cup lowfat cottage cheese**
- **⅛ cup chopped green onions (about 1½ onions)**
- **¼ cup chopped parsley**
- **1 tablespoon lemon juice**
- **1 tablespoon Dijon-style mustard**
- **1 teaspoon basil leaves**
- **⅓ teaspoon salt**

Place all ingredients in blender container; cover. Blend until smooth, stopping blender and scraping sides occasionally. **Makes about 2 cups (16 servings).**

Nutrition Information Per Serving

Calories: 18	Cholesterol: 1 mg
Total Fat: 4 g	Sodium: 68 mg

Mustard Sauce

1 carton (8 ounces) sour cream
¼ cup Dijon-style mustard
1 tablespoon dried tarragon leaves

Mix all ingredients; cover. Refrigerate at least 3 hours, no longer than 5 days. Stir before serving. **Makes about 1 cup (8 servings).**

Nutrition Information Per Serving

Calories: 69 Cholesterol: 13 mg
Total Fat: 7 g Sodium: 118 mg

Horseradish Sauce

1 carton (8 ounces) sour cream
¼ cup prepared horseradish
½ teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon white pepper

Mix all ingredients; cover. Refrigerate at least 3 hours, no longer than 5 days. Stir before serving. **Makes about 1 cup (8 servings).**

Nutrition Information Per Serving

Calories: 65 Cholesterol: 13 mg
Total Fat: 6 g Sodium: 91 mg

Creamy Dill Sauce

1 carton (8 ounces) lowfat yogurt
2 tablespoons finely chopped parsley
2 teaspoons dill weed
½ teaspoon celery seed
1 teaspoon Dijon-style mustard
Salt and pepper to taste

Mix all ingredients; cover. Refrigerate at least 3 hours, no longer than 5 days. Stir before serving. **Makes about 1 cup (8 servings).**

Nutrition Information Per Serving

Calories: 17 Cholesterol: 1 mg
Total Fat: .1 g Sodium: 30 mg

Stir-fry with a minimum amount of oil, or use a non-stick skillet to keep the cooking light and the calories down.

Sesame Beef Strips

- **1 pound BEEF FLANK STEAK**
- **¼ cup toasted sesame seeds**
- **3 tablespoons flour**
- **¾ teaspoon EACH ground coriander, ginger and chili powder**
- **1 cup beef broth**
- **3 tablespoons vegetable oil**
- **2 cups hot cooked rice, if desired**

Slice beef thinly across the grain. In shallow bowl, mix sesame seeds, flour and spices. Dip beef strips into broth, then toss in flour mixture. Heat oil in wok or non-stick surface skillet until hot; add beef. Cook, stirring constantly, about 2 minutes. If necessary, add a little beef broth to keep beef from sticking to bottom of pan. When beef is cooked, add remaining broth. Cook, stirring constantly, until thickened and heated through. Serve over rice. **Serves 4.**

Nutrition Information Per Serving

Calories: 333	Cholesterol: 69 mg
Total Fat: 22 g	Sodium: 253 mg

Open-Face Hot Beef Sandwich

- **¾ pound cooked sliced BEEF**
- **½ cup beef broth**
- **2 baguettes, split**
- **Mustard, if desired**
- **Lettuce leaves**
- **1 tomato, thinly sliced**
- **Salt and pepper to taste**

Heat beef and broth until hot. Spread bottom half of baguettes with mustard. Place hot beef on baguettes. Top with lettuce and tomato slices. Season with salt and pepper. Cut baguettes in half. **Serves 4.**

Nutrition Information Per Serving

Calories: 310	Cholesterol: 51 mg
Total Fat: 11 g	Sodium: 461 mg

Nine-to-Five Meat Loaf

1 pound GROUND BEEF ROUND
1 can (8 ounces) tomato sauce
½ onion, finely chopped
1 tablespoon Dijon-style mustard
½ teaspoon ground pepper
¼ teaspoon salt

Mix all ingredients; shape into small, narrow loaf. Place in metal baking pan; cover. Refrigerate at leat 8 hours, no longer than 24 hours. Heat oven to 425° F. Bake meat loaf on lowest shelf in oven for 20 minutes. Remove from oven and place under broiler. Broil 5 minutes. Remove from broiler. Let stand 5 minutes before cutting. **Serves 4.**

Nutrition Information Per Serving

Calories: 193
Total Fat: 6 g
Cholesterol: 68 mg
Sodium: 400 mg

Light and Hearty Beef Soup

1 pound BEEF FLANK STEAK
1 quart beef broth
1 can (5 ounces) bamboo shoots
1 package (10 ounces) frozen broccoli or snow peas
¼ pound mushrooms, sliced
3 ounces Japanese-style ramen or somen noodles
⅓ cup bottled teriyaki sauce*

Slice beef thinly across the grain. Heat broth in wok or large saucepan to boiling. Add beef and remaining ingredients; cover. Simmer over medium heat 5 minutes, or until beef and noodles are tender. **Serves 4.**

Nutrition Information Per Serving

Calories: 271
Total Fat: 8 g
Cholesterol: 69 mg
Sodium: 1883 mg

*TIP: If sodium is a concern, substitute water for half the teriyaki sauce.

Take advantage of the increasing number of products that list calorie and other nutrition information on the label.

Spicy Beef Tortillas

4 flour tortillas
1 pound GROUND BEEF ROUND
1 green pepper, chopped
1 onion, chopped
3 tablespoons salsa sauce*
Sour cream or unflavored yogurt, if desired

Wrap tortillas in foil; heat in 350° F. oven until warm, about 5 minutes. Cook and stir beef, pepper and onion in a large non-stick surface skillet over medium heat until beef is browned. Stir in salsa sauce; heat until hot. With slotted spoon, place beef mixture in each tortilla. Serve with sour cream or yogurt. **Serves 4.**

Nutrition Information Per Serving

Calories: 287 Cholesterol: 69 mg
Total Fat: 8 g Sodium: 211 mg

*TIP: Salsa sauce comes in three heat levels: mild, medium and hot. Be sure to check the label and use according to personal preference.

Pepper and Olive Steak

1½ pound BEEF FLANK STEAK
1 tablespoon vegetable oil
1 onion, chopped
1 green pepper, chopped
1 red pepper, chopped
2 cloves garlic, chopped
1 jar (6 ounces) pimiento-stuffed olives* drained and chopped
1½ teaspoons oregano leaves
¼ teaspoon pepper
½ cup beef broth

Broil steak 3 inches from heat, 6 minutes per side for rare or until desired doneness. While steak is cooking, heat oil in a large non-stick surface skillet until hot. Add remaining ingredients except oregano, pepper and beef broth. Cook and stir vegetables until onion is tender. Add remaining ingredients and cover. Simmer until peppers are tender. Slice steak across the grain into thin slices. Top with vegetable mixture. **Serves 6.**

Nutrition Information Per Serving

Calories: 224 Cholesterol: 68 mg
Total Fat: 11 g Sodium: 580 mg

TIP: If sodium is a concern, omit olives and enjoy a tasty pepper steak!

Beef Salad with Nopalitos

- **1 pound BEEF TOP ROUND STEAK**
- **¼ cup fresh lemon juice**
- **Freshly ground pepper**
- **1 jar (12 ounces) nopalitos (tender cactus)*, rinsed and drained**
- **1 red onion, finely chopped**
- **1 red pepper, finely chopped**
- **1 fresh serrano pepper, finely chopped**
- **2 tablespoons vegetable oil**
- **1 tablespoon red wine vinegar**
- **1 tablespoon Dijon-style mustard**
- **¾ teaspoon oregano leaves**
- **¼ teaspoon salt**

Trim excess fat from steak; place in glass dish. Sprinkle with lemon juice and pepper; cover. Marinate, turning occasionally, 1 hour. Broil steak 3 inches from heat, 7 minutes per side for rare or until desired doneness. Let steak cool. Cut steak into ¼-inch slices; then cut each slice into ¼-inch strips. Mix remaining ingredients; stir in beef strips and cover. Refrigerate, turning occasionally, at least 3 hours, no longer than 7 hours. Arrange salad. **Serves 4.**

Nutrition Information Per Serving

Calories: 269	Cholesterol: 69 mg
Total Fat: 13 g	Sodium: 245 mg

*TIP: Cooked green beans can be substituted for nopalitos.

Middle Eastern Flank Steak

- **1 pound BEEF FLANK STEAK**
- **1 carton (8 ounces) plain lowfat yogurt**
- **⅓ cup chopped fresh mint**
- **1 small red onion, finely chopped**
- **2 cloves garlic, finely chopped**
- **1½ teaspoons cumin seed, roasted and crushed**
- **1 tablespoon lemon juice**
- **Freshly ground pepper**

Trim excess fat from steak; place steak in glass dish. Mix remaining ingredients; pour over steak and cover. Refrigerate, turning occasionally at least 6 hours, no longer than 48 hours. Broil steak 3 inches from heat, 6 minutes per side for rare or until desired doneness. Slice steak across the grain into thin slices. **Serves 4.**

Nutrition Information Per Serving

Calories: 216	Cholesterol: 72 mg
Total Fat: 7 g	Sodium: 100 mg

Select meat with little visible fat. Trim fat before and again after cooking.

Spicy Beef Brisket

4 pound BEEF BRISKET FLAT HALF
2 jars (12 ounces each) salsa sauce*
1 can (12 ounces) beer
6 pita bread, cut in half
1 head lettuce, shredded
3 tomatoes, chopped

Trim fat from brisket. Place in ungreased baking dish, 13½ x 9 x 2 inches. Mix salsa sauce and beer, pour over meat. Cover tightly. Bake in 325° F. oven 3½ hours or until tender. Remove beef, slice across the grain. Stuff pita bread with lettuce and beef slices, top with tomatoes. Serve with additional salsa sauce if desired. **Serves 12.**

Nutrition Information Per Serving

Calories: 233 Cholesterol: 72 mg
Total Fat: 9 g Sodium: 63 mg

*TIP: Salsa sauce comes in three heat levels: mild, medium and hot. Be sure to check the label and use according to personal preference.

Beef with Artichokes and Tomatoes

1 pound GROUND BEEF ROUND
¼ cup skim milk
¼ cup bread crumbs
1 egg
3 tablespoons chopped parsley
1½ teaspoons grated lemon peel
1½ teaspoons oregano leaves
¼ teaspoon pepper
2 teaspoons vegetable oil
1 package (9 ounces) frozen artichoke hearts, defrosted
2 cups cherry tomatoes
¼ cup beef broth

Mix beef, milk, bread crumbs, egg, parsley, lemon peel, oregano and pepper. Shape into 1-inch balls. Heat oil in large non-stick surface skillet until hot. Brown meatballs in oil. Stir in artichoke hearts, tomatoes and beef broth. Reduce heat and cover. Simmer until vegetables are hot and beef is cooked, about 5 minutes. Serve immediately. **Serves 4.**

Nutrition Information Per Serving

Calories: 260 Cholesterol: 138 mg
Total Fat: 11 g Sodium: 181 mg

Beef and Orange Salad

- **1 pound cooked ROAST BEEF, cut into strips (about 2 cups)**
- **4 oranges, peeled, thinly sliced, reserving juices**
- **2 new potatoes, cooked, thinly sliced**
- **1 small red onion, thinly sliced**
- **1 small red pepper, cut into rings**
- **Cilantro or parsley sprigs**

Vinaigrette

- **2 tablespoons vegetable oil**
- **1 tablespoon red wine vinegar**
- **1 tablespoon capers**
- **¼ teaspoon salt**
- **Freshly ground pepper**

Place beef, oranges, potatoes, onion and red pepper in shallow glass dish. Mix all ingredients for Vinaigrette; stir in reserved orange juices. Pour over beef mixture and cover. Refrigerate, carefully turning occasionally, at least 2 hours no longer than 5 hours. Arrange salad layering beef, oranges and potatoes with onions and red pepper. Garnish with cilantro or parsley. **Serves 6.**

Nutrition Information Per Serving

Calories: 295	Cholesterol: 65 mg
Total Fat: 13 g	Sodium: 145 mg

Braised Beef with Piquant Sauce

- **2½ pound BEEF EYE ROUND STEAK**
- **Freshly ground pepper**
- **2 tablespoons chopped shallots**
- **½ cup dry red wine**

Piquant Sauce

- **⅓ cup chopped parsley**
- **3 tablespoons capers, drained, chopped**
- **3 cloves garlic, finely chopped**
- **2 tablespoons vegetable oil**
- **1 tablespoon red wine vinegar**
- **2 teaspoons chopped pimiento**
- **½ teaspoon Dijon-style mustard**

Trim excess fat from roast, leaving thin layer. Rub roast with pepper. Brown roast on high heat in Dutch oven; remove. Discard all but 1 tablespoon fat. Saute shallots in hot fat until tender. Stir in wine, scraping drippings from bottom of pan. Return roast to pan; add enough water to 1½-inch depth of pan and cover. Heat to boiling; reduce heat and simmer until beef is tender, about 2½ hours. Mix all ingredients for Piquant Sauce and cover. Let stand at least 3 hours. Remove roast from pan and slice. Remove fat from pan juices; reduce juices slightly and pour over meat. Serve with Piquant Sauce. **Serves 10.**

Nutrition Information Per Serving

Calories: 185	Cholesterol: 68 mg
Total Fat: 9 g	Sodium: 62 mg

Chill homemade broth, soups and stews so that the fat rises to the top. When the fat hardens, lift it off for a delicious fat-free dish!

Spring Stew

1½ pounds boneless BEEF ROUND
1 tablespoon vegetable oil
3 tablespoons chopped shallots
1 carrot, sliced
1 leek, including top, sliced
1 can (14 ounces) Italian-style tomatoes, coarsely chopped
½ teaspoon salt
¼ teaspoon marjoram
Freshly ground pepper
1 package (10 ounces) frozen peas, thawed
¼ cup chopped parsley

Cut beef into 1-inch cubes. Heat oil in Dutch oven until hot. Saute shallots, carrot and leek in oil until tender. Add beef and remaining ingredients except peas and parsley. Heat to boiling; reduce heat and cover. Simmer until beef is tender, about 1½ hours. (Add water if necessary.) Stir in peas and parsley. Simmer 5 minutes or until peas are hot. **Serves 6.**

Nutrition Information Per Serving

Calories: 236 Cholesterol: 68 mg
Total Fat: 9 g Sodium: 379 mg

Braised Beef Milano-Style

3 pound boneless BEEF RUMP ROAST
6 onions, sliced
1 teaspoon salt
Freshly ground pepper
⅓ cup chopped parsley

Trim excess fat from roast. Rub roast with pepper. Place half the onions in Dutch oven. Place roast on bed of onions; top with remaining onions. Sprinkle with salt and pepper; cover. Heat on medium heat until onions have released their juices, about 15 minutes. Reduce to low heat and simmer until onions are well browned, about 4 hours. If a thicker sauce is desired, simmer uncovered the last 30 minutes of cooking. Slice beef and top with onion sauce. Sprinkle with parsley. **Serves 9.**

Nutrition Information Per Serving

Calories: 225 Cholesterol: 72 mg
Total Fat: 9 g Sodium: 302 mg

Light and Colorful Stuffed Peppers

- **4 green peppers**
- **1 pound GROUND BEEF ROUND**
- **1 onion, chopped**
- **1 can (8 ounces) tomato sauce**
- **⅓ pound mushrooms, sliced**
- **1 teaspoon EACH oregano and thyme leaves**
- **¼ teaspoon ground marjoram**
- **¼ teaspoon EACH salt and pepper**

Trim, core and blanch peppers; reserve. Cook and stir beef and onion in non-stick surface skillet until beef is browned and onion is soft. Stir in tomato sauce, mushrooms, herbs, salt and pepper. Stuff beef mixture in peppers. Place peppers in casserole dish. Pour in enough boiling water to cover bottom of casserole dish. Bake in 350° F. oven until peppers are tender, about 20 minutes. **Serves 4.**

Nutrition Information Per Serving

Calories: 230	Cholesterol: 69 mg
Total Fat: 7 g	Sodium: 537 mg

Beef and Vegetable Stew

- **2 pounds boneless BEEF ROUND**
- **1 can (28 ounces) Italian-style tomatoes**
- **1 can (14½ ounces) beef broth**
- **1 onion, sliced**
- **3 sprigs parsley**
- **1 clove garlic, chopped**
- **½ teaspoon EACH thyme leaves and salt**
- **¼ teaspoon pepper**
- **3 carrots, sliced**
- **1 pound broccoli, cut into flowerettes**

Cut beef into 1-inch cubes. Heat tomatoes and beef broth in Dutch oven to boiling. Add beef and remaining ingredients except carrots and broccoli. Heat to boiling; reduce heat and cover. Simmer until beef is tender, about 1½ hours. (Add more water if necessary.) Stir in carrots; simmer 7 minutes. Add broccoli; simmer 5 minutes or until crisp-tender. **Serves 8.**

Nutrition Information Per Serving

Calories: 229	Cholesterol: 69 mg
Total Fat: 7 g	Sodium: 524 mg

Light COOKING WITH BEEF

Increase your recreational activities to enhance muscle tone and to feel better.

Braised Eye of the Round

- **1½ pound BEEF EYE ROUND ROAST**
- **¼ cup dry vermouth**
- **1 cup beef broth**
- **6 cloves garlic, chopped**
- **1 onion, sliced**
- **2 sprigs parsley**
- **2 bay leaves**
- **2 teaspoons oregano leaves**
- **1 teaspoon thyme leaves**
- **¼ cup water**
- **1 tablespoon flour**

Heat oven to 325° F. Place roast, fat side down, in heavy Dutch oven. Cook over low heat until browned on all sides. Remove from pan; pour off fat. Add vermouth to Dutch oven. Cook, stirring constantly, over high heat until all particles in bottom of pan are dissolved. Remove from heat. Return roast to pan. Add remaining ingredients except water and flour; cover. Cook in oven 45 minutes or until tender. Remove roast from pan. Strain pan juices into saucepan. Mix water and flour; stir in pan juices. Cook, stirring constantly, over low heat until thickened. Slice beef; spoon gravy over beef. **Serves 6.**

Nutrition Information Per Serving

Calories: 176	Cholesterol: 68 mg
Total Fat: 6 g	Sodium: 190 mg

Herbed Meat Loaf

- **1½ pounds GROUND BEEF ROUND**
- **1 can (6 ounces) vegetable juice cocktail**
- **1 egg**
- **1 cup bread crumbs**
- **1 green pepper, chopped**
- **1 onion, chopped**
- **2 cloves, garlic, chopped**
- **½ cup chopped parsley**
- **½ teaspoon EACH rosemary leaves and salt**
- **¼ teaspoon EACH powdered thyme and pepper**

Heat oven to 350° F. Mix all ingredients thoroughly in large bowl. Pat beef mixture into loaf pan, 9 x 5 inches. Bake meat loaf 1½ hours. Let meat loaf stand 5 minutes; pour off drippings. Invert onto platter; cut into slices. **Serves 8.**

Nutrition Information Per Serving

Calories: 200	Cholesterol: 102 mg
Total Fat: 7 g	Sodium: 279 mg

Salt-Free Beef Broth

One way to reduce the level of salt and sodium in your food is to use salt-free beef broth. Here is a recipe for your own homemade salt-free broth.

1 onion, skin left on, cut in half
5 pounds BEEF BONES
1 pound boneless BEEF ROUND*
6 quarts cold water
2 stalks celery, chopped
½ onion, chopped
6 sprigs parsley, stems included
1 bay leaf
½ teaspoon thyme leaves

Place onion, cut side down, on baking sheet. Bake in 450° F. oven until black. (This gives the broth a rich, caramel color). In 8-quart stockpot, place beef bones and beef. Cover with cold water. Heat to boiling; reduce heat and simmer. Skim off foam as it develops. Stir in blackened onion and remaining ingredients. Simmer 4 hours, skimming occasionally. Let cool to room temperature; strain. Refrigerate until cold. Scrape fat from surface. Spoon into 8 one-cup containers; cover and freeze. Spoon remaining broth into 4 ice cube trays; freeze. Empty ice cube trays into a plastic bag for storage. (Each cube equals about 2 tablespoons broth). **Recipe makes about 1 gallon.**

Nutrition Information Per Serving

Calories: 48
Total Fat: 2 g
Cholesterol: 17 mg
Sodium: 24 mg

*TIP: Fresh beef contains about 60 mg of sodium for a three-ounce serving. The National Research Council estimates that a "safe and adequate" sodium intake for an adult is about 1000 mg to 3000 mg daily. Salt/sodium is a preservative that is used in packaged and processed foods. Begin using more fresh meats and produce. Gradually reduce the amount of salt you use in cooking, and taste before adding salt at the table. Experiment with herbs and spices for taste variety.

Enhance the natural flavor of food by using herbs and spices.

Lemon-Herbed Rib Roast

1 tablespoon grated lemon rind
2 cloves garlic, finely chopped
½ teaspoon EACH salt, oregano and basil leaves
5 pound BEEF RIB ROAST

Mix all ingredients except roast. Rub seasonings over the surface of the roast. Place roast, fat side up, in open shallow pan. Insert meat thermometer into thickest part of the beef so tip reaches center of roast. Do not add water. Do not cover. Roast in 325° F. oven to desired degree of doneness. The meat thermometer will register 140° F. for rare, 160° F. for medium; and 170° F. for well done. Allow 26 to 32 minutes per pound, depending on desired doneness. For easier carving, allow roast to "stand" in a warm place 15 to 20 minutes after removal from oven. Roasts usually continue to cook after removal from the oven. It is best to remove roasts when the thermometer registers 5° F. below the temperature of desired doneness. **Serves 10.**

Nutrition Information Per Serving

Calories: 278 Cholesterol: 97 mg
Total Fat: 12 g Sodium: 186 mg

Sirloin Steak with Peppercorn Sauce

1 teaspoon vegetable oil
1 pound BEEF TOP SIRLOIN STEAK
⅓ cup dry white wine
1½ tablespoons Dijon-style mustard
½ teaspoon Worcestershire sauce
1½ tablespoons drained green peppercorns

Brush non-stick surface skillet with vegetable oil. Place steak in skillet. Cook, over moderate heat, turning occasionally to brown the beef evenly on both sides. Cook 8 to 10 minutes total cooking time for rare or until desired doneness. Remove from skillet, keep warm in 200° F. oven. Stir wine into skillet. Increase heat to medium-high. Cook, stirring constantly, until reduced by about one-third. Stir in remaining ingredients. Cook 1 minute, or until hot. Cut steak into slices. Spoon peppercorn sauce over steak. **Serves 4.**

Nutrition Information Per Serving

Calories: 215 Cholesterol: 72 mg
Total Fat: 11 g Sodium: 141 mg

Italian-Style Beef Rolls

2½ pound BEEF EYE ROUND ROAST
Salt and pepper
5 ounces Teleme or Monterey jack cheese
1 red pepper
1 cup chopped parsley
2 tablespoons vegetable oil
⅔ cup dry red wine
½ cup beef broth
Fresh lemon juice
24 short bamboo skewers

Cut beef into 24 thin slices, pound flat and sprinkle with salt and pepper. Cut cheese into 24 two-inch pieces; cut red pepper into 24 two-inch pieces. Place one piece of cheese and one piece of red pepper on each slice of beef, sprinkle with parsley. Roll beef up tightly and secure with skewer. Heat oil in large non-stick surface skillet until hot. Add beef rolls; brown on all sides. Add wine and broth; cover. Heat to boiling; reduce heat and simmer, turning occasionally, about 40 minutes or until tender. Add water, if necessary. Remove beef rolls to platter; keep warm. Reduce pan juices to desired thickness. Pour juices over beef rolls and sprinkle with lemon juice. **Serves 8–10.**

Nutrition Information Per Serving

Calories: 243 Cholesterol: 68 mg
Total Fat: 13 g Sodium: 142 mg

Beef Steak for Two

10 to 12 ounce boneless BEEF TOP LOIN STEAK
1 tablespoon margarine
¼ pound mushrooms, sliced
Salt and pepper to taste

Broil steak 3 inches from heat, 8 minutes per side for rare, or until desired doneness. While steak is cooking, heat margarine in a large non-stick surface skillet until hot. Saute mushrooms in margarine until golden brown. Season with salt and pepper. Cut steak in half; top with sauteed mushrooms. **Serves 2.**

Nutrition Information Per Serving

Calories: 307 Cholesterol: 91 mg
Total Fat: 17 g Sodium: 86 mg

Beef is America's favorite meat. It is versatile, tastes great and is nutritious. Beef supplies vitamin B-12, essential trace minerals such as iron and zinc, and nutritionally complete protein.

A healthy body is the result of a balanced intake of a variety of foods. More than 50 nutrients are needed to fuel our body's essential processes. To obtain a proper balance of nutrients, to avoid excesses, and to make eating more interesting, select foods in each food group according to suggested dietary guidelines.

Dietary recommendations to reduce our risk of developing coronary heart disease and cancer have been developed by various governmental and voluntary health agencies. Although these recommendations may vary on specific quantities of nutrients or foods to include in our daily diet, most health recommendations suggest the maintenance of proper weight, the limitation of total fat (saturated and unsaturated), and the reduction of dietary cholesterol, sodium, and alcohol. In addition, an increase in complex carbohydrates, fiber, fruits and vegetables high in vitamins A and C is recommended.

Food Group	Per Day
Bread/Cereal	4 servings
Fruit/Vegetable	4 servings
Meat/Meat Alternate	2 servings
Milk/Dairy	2 servings
Oils/Sweets/Alcohol	Moderate

Dietary Guidelines*

Eat a variety of foods
Maintain reasonable weight
Avoid too much fat, saturated fat and cholesterol
Eat foods with adequate starch and fiber
Avoid too much sugar
Avoid too much sodium
If you drink alcoholic beverages, do so in moderation, and don't drive

*Modified from guidelines developed by the Departments of Health and Human Services, and Agriculture

For those concerned about calories, total fat and cholesterol, lean cuts of beef are available. An average three-ounce serving of lean cooked beef contains 192 calories, 73 milligrams of cholesterol, and under 10 grams of total fat.

Today, beef is leaner than ever due to changes in breeding and feeding cattle. Beef contains less fat and fewer calories. It fits health recommendations to limit fat to under 30% total calories, and recommendations to limit dietary cholesterol to under 300 mgs a day.

When you shop for beef in your retail market, look for the Meat Nutri-Facts program, a voluntary nutrition information program installed by some meat retailers right at the meat case.

Meat Nutri-Facts is easy to use. A quick glance tells you what you need to know about the calories and nutrients in a single, three-ounce serving of cooked beef. Bar graphs, recipes, product stickers as well as consumer brochures provide nutrition information on meat in a straightforward manner.

Supermarkets that offer this voluntary program undoubtedly will adjust it to meet their own needs. You may find all or some of the nutrition information program used, perhaps under a different name. Just remember that the basis of the program gives you the consumer information on calories and nutrition when buying meat.

The nutrition bar graph shows protein, vitamins and minerals as percentages of the U.S. Recommended Daily Allowances (U.S. RDA's). Calories, fat, cholesterol and sodium levels per cut are compared with recommendations established by the American Heart Association and the National Academy of Sciences since no Recommended Daily Allowances are available for these components.

The information on the following pages is provided so that you can read and understand the nutrition information graph which forms the basis of the fresh meat nutrition information program. Use the charts to find the cuts of beef that fit your active, healthy lifestyle.

Nutri-facts...A Nutrition Information Program

The nutrition graph gives detailed information on calories and important nutrients in beef.

A. **Beef Sirloin Steak** B.
(185 calories per 3 ounce broiled, trimmed serving.)
I. Nutrition information per cooked serving J.
Total recommended dietary intake

M. 0% 25% 50% 75% 100%
K.

•Calories: *185*	9%
C. •Total Fat: *8.3g*	12%
Saturated Fat .3, Monounsaturated Fat .3, Polyunsaturated Fat .1	
•Cholesterol: *75mg*	25%
•Sodium: *56mg*	2%
*Protein: *26g*	57%
*Iron: *2.9mg*	16%
*Zinc: *5.5mg*	37%
*Thiamin: *.11mg*	7%
*Niacin: *3.6mg*	18%
*B-12: *2.4mcg*	40%

L.

D. • Based on standards of comparison

2000 calories per day is the midpoint of the recommendation by the National Academy of Sciences for women ages 23–51. National Academy of Sciences also recommends a maximum of 3300 mg of sodium per day. E.

F. The American Heart Association recommends not more than 30% of calories from fat and no more than 300 mg of cholesterol per day

*Based on % U.S. recommended daily allowances G.

H. Data based on U.S.D.A. research

Key for Meat Nutri-Facts Graph

A. Cut of meat

B. 3oz. is the standard serving size of cooked, trimmed meat used throughout the fresh meat nutrition information program.

C. The explanation under TOTAL FAT provides amounts of saturated fat, monounsaturated fat and polyunsaturated fat.

D. Measurements for components highlighted by a "•" are based on other standards of comparison, because there are no official U.S. RDA's for these factors.

E. The calorie and sodium standards are based on information from the National Academy of Sciences, Food and Nutrition Board which establishes recommended dietary allowances.

F. Fat and cholesterol standards are based on the recommendation of the American Heart Association.

G. Measurements for components highlighted by a "*" are based on the U.S. Recommended Daily Allowances (U.S. RDA's). The U.S. RDA's were developed by the Food & Drug Administration. They are suggested guides to the amounts of protein, vitamins and minerals a healthy person should consume each day.

H. Source of data is given.

I. The number of calories in the 3oz. cooked, trimmed serving size is given.

J. The cut will have a specific method of cooking indicated because the way the meat is cooked affects the nutritive value.

K. The weights of the nutrients in the 3oz. serving of meat are indicated by the following measurements:

calories (kcal) = energy measure
gram (g) = 1/28 oz.
milligram (mg) = one thousandth of a gram
microgram (mcg) = one millionth of a gram

L. Bars on the graph show the percent of U.S. RDA or other standard of comparison for the calories and nutrients. The bars show the contribution of a 3oz. serving of meat to suggested dietary recommendations.

M. The percent of dietary recommendations is shown in numbers, as well as bars.

More Examples of Cut-by-Cut Nutrition Information

- Based on standards of comparison.

2000 calories per day is the midpoint of the recommendation by the National Academy of Sciences for women ages 23–51. National Academy of Sciences also recommends a maximum of 3300 mg of sodium per day.

The American Heart Association recommends not more than 30% of calories from fat and no more than 300 mg of cholesterol per day.

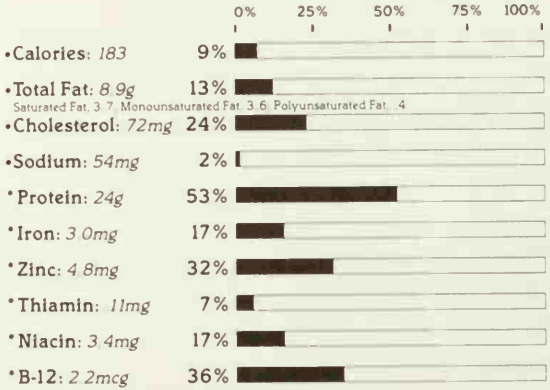
*Based on % U.S. recommended daily allowances.

Data based on U.S.D.A. research.

Beef Tenderloin Steak

(183 calories per 3 ounce broiled, trimmed serving.)

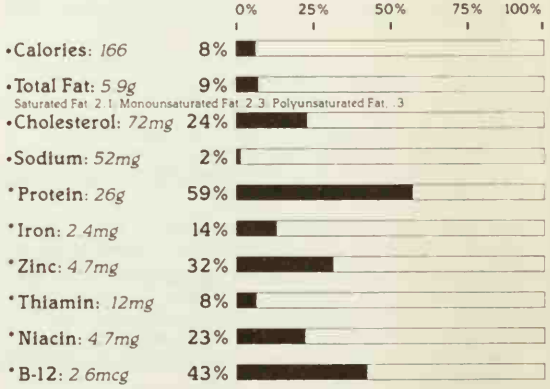
Nutrition information per cooked serving
Total recommended dietary intake



Beef Top Round Steak

(166 calories per 3 ounce broiled, trimmed serving.)

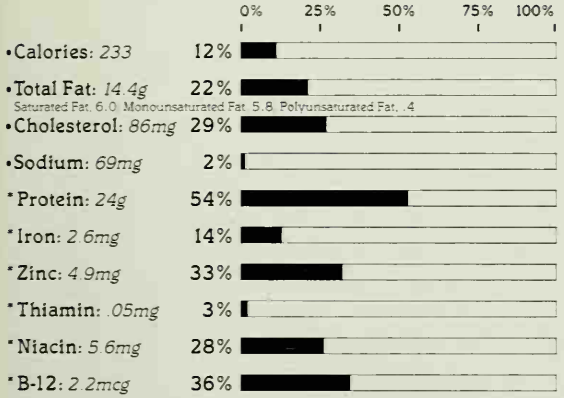
Nutrition information per cooked serving
Total recommended dietary intake



Description of Nutrients

82% Lean Ground Beef
(233 calories per 3 ounce broiled, trimmed serving.)

Nutrition information per cooked serving
Total recommended dietary intake



Nutrient — an important chemical substance that furnishes the body with energy and provides materials for body tissue growth or maintenance.

Calorie (kcal) — measure of energy supplied by fat, carbohydrate, protein and alcohol.

Fat — provides a concentrated source of energy, transports certain vitamins and helps the body use other nutrients.

Cholesterol — a fat-like substance which is a necessary part of many body cells, nerve tissues, blood and bile.

Sodium — a major mineral which helps regulate body water, the acid-base balance and is important to proper muscle function.

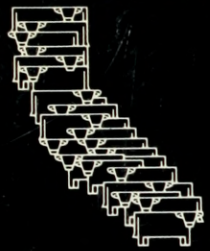
Protein — responsible for building and maintaining body tissues. Also forms a part of enzymes and hormones which regulate body processes.

Iron — a vital part of hemoglobin in blood, which carries oxygen from the lungs to all body tissues.

Zinc — important in protein synthesis, and wound healing, it is a part of many important chemical processes including an association with the hormone, insulin.

B vitamins — (including thiamin, niacin, B-12) — essential in many chemical and cellular processes in the body including the nervous system, energy production, growth and digestion.

Keep fit, stay healthy, eat well. Practice healthy eating habits and enjoy "Light Cooking with Beef."



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